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Survey says science feeling the interference

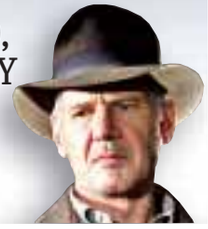
1 in 4 scientists working for the feds say they've been asked to alter or exclude data PAGE 5

Ditch the perv, petition urges

Online document calls on Vogue, H&M, and other big names in fashion to stop using 'alleged sex offender' Terry Richardson for photo shoots PAGE 10

THEY MAY BE OLD, BUT THEY'RE SPRY

WITH THE RELEASE OF THE ESCAPE PLAN, WE LOOK BACK AT OTHER OLD GUYS READY FOR ACTION PAGE 9



Minister of Health Dustin Duncan speaks at the launch of a new online tool that will collect anonymous feedback about the province's mental-health and addiction services on Monday at City Hospital in Saskatoon. The poster behind Duncan is a part of the promotional material that will be used to inform patients and their families about the consultation process. MORGAN MODJESKI/METRO IN SASKATOON

Mental-health services initiative seeks user input

Shedding light on gaps in system.
Ministry of Health's online survey lets patients submit comments anonymously

MORGAN MODJESKI
Metro in Saskatoon

The Saskatchewan government is looking for feedback on its mental-health and addiction services, and it's targeting the people who know it best — those using the system.

An online survey, which can be found through the Ministry of Health's website, lets patients and their families submit anonymous feedback on their experiences with mental-health and addiction treatment.

The information will be compiled as part of the province's mental-health and addictions "action plan," and will give the government recommendations on what's working and what's lacking.

"We still don't talk enough about what we need to do to provide services to help support people that are going through mental illness and addictions," Health Minister Dustin Duncan said at City Hospital in Saskatoon on Monday, announcing the consultation project.

"We know that there's still a stigma around that, it's still a difficult topic for some people to talk about and this … provides a way for people, anonymously, to talk about their experience."

Bill Pringle, second vice-president of the Saskatchewan branch of the Canadian Mental Health Association, said the province is picking up on what the CMHA has tried to do for years.

"We've been trying to be a voice for consumers (of mental-health and addiction services) for a long time, and now the province is beginning to catch up, listen to the kinds of things we're saying and move forward," Pringle said.

"No matter what the result is, the initiative is positive and definitely worth doing."

The survey will run until Dec. 31. Shortly after that, the data will be compiled with information gathered through in-person consultations and stakeholder meetings, and become part of a first draft of recommendations expected next June.

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Councillors

New street renewal priority system proposed

Two Regina city councillors are proposing a new infrastructure renewal program to improve deteriorating residential streets, and to set proper priorities on the roads that need upgrades.

First-term councillors Bob Hawkins (Ward 2) and Barbara Young (Ward 1) have asked city administrators to study the feasibility of creating an expansive and long-term system that would catalogue the conditions of residential roadways.

"At the present time, there is no program in place to systematically review and upgrade neighbourhood streets," Hawkins told Metro on Monday.

"We've asked administration to see if such a program could be put in place."

The intent of the program, Hawkins explained, would be to have all neighbourhood streets in the city fixed on a regular basis — beginning with those in the most urgent need of repairs.

Under the current system, a group of neighbours can petition the city to fix a street. If such a petition is successful, the neighbours split the cost of the repairs with the city under the terms of the "local improvement program."

Administration staff are expected to complete a report on the feasibility of the proposal in the coming months. One of the issues to study is the financial implications for Regina taxpayers.

Through discussions with constituents, Hawkins has found that many are open to footing the bill if the money goes specifically toward street repairs.

"We have heard from a number of people in our ward(s) that said they wouldn't mind paying a dedicated part of their property taxes to street repair," he said, "if they knew it was going to street repair." METRO

Two Regina city councillors are proposing a new program to improve deteriorating residential streets. METRO

'The typical western Canadian attitude is we don't ride buses'

Changing perceptions. Mayor says city is investing in transit improvements such as recently completed route redesign

MARCO VIGLIOTTI
marco.vigliotti@metronews.ca

A long-standing aversion to city buses and a preference to extend suburban sprawl has stifled the development of public transit in Saskatchewan's urban centres, says a prominent urban-planning professor.

"The typical western (Canadian) attitude is that we don't ride the buses — it is somehow for the outcasts or the lower class," said University of Saskatchewan professor Avi Ackerman, noting a perception that transit is unsafe and used by dangerous people.

"That's the situation that we've created with this vicious circle, and therefore the bus is empty and no one wants to go there."

Ackerman adds that a heightened focus in municipal governments on bolstering suburban roadways has misused resources that should be invested in public-transit systems and improving long-neglected inner-city communities.

"We are isolating ourselves, alienating ourselves from the rest of the community," he added of the dangers of eschewing walking and public transit in favour of individual vehicles.

While acknowledging Saskatchewan's strong "car culture," Mayor Michael Fougere has doubts about the existence of a deep-seated aversion to transit among suburban residents.

He says many more people would take the bus if it were the most convenient option.

"Making the bus line more relevant, more quick and more direct will encourage people to take the bus," Fougere said.

"If you can get somewhere you want to go by taking the bus in the same amount (of time) it takes to drive a car, you may well take a bus."

Transit advocate John Klein says the city needs to dedicate more resources to bolstering the municipal bus service. MARCO VIGLIOTTI/METRO

Regina transit advocate John Klein argues that the reason more people in the city are not using buses is that the routes are poorly designed and the operating hours are insufficient.

"The routes aren't great because we don't have many buses running," said Klein, who relies on Regina transit, cycling and a car-share program.

Fougere, however, disagrees and stresses that the city is continuing to invest in transit improvements such as a route redesign completed earlier this year.

"The evidence of this success," the mayor said, "is the nine per cent (ridership) increase last year and the growing increase this year."

Brrr! Old Man Winter makes a very early visit

Snow blankets the Queen Elizabeth II Gardens at the Saskatchewan legislature grounds on Monday. METRO

It was a blast of snow seemingly far too soon after the last winter that refused to go away.

Regina residents found much of the ground covered on Monday morning, courtesy of high pressure from the Arctic stretching south into eastern Saskatchewan.

"There's a frontal area hanging out right through Regina," John Paul Cragg, a meteorologist with Environment Canada, said from Saskatoon, explaining that a "pretty strong gradient" had created a dramatic change in temperature on either side of the Queen City.

"Estevan, Yorkton — all those areas are in the cold air," he pointed out. "And if you look into Alberta, you've got temperatures of 17 or 18. So there's a big contrast, and Regina is sitting right on the edge of that."

The snow, Cragg said, totalled only about one centimetre in Regina and in Saskatoon.

While the capital city was at the freezing point in mid-afternoon, nearby Moose Jaw was at 5 C, Swift Current was at 12 C, Saskatoon had a temperature of 7 C and the town of Leader was way up to 15 C.

Regina is forecast to reach 4 C on Tuesday, and to be rid of most of the snow by the morning.

"We're looking at a chance of more rain," Cragg said, "but the temperature should be above zero when it comes. So it should all come as rain."

Warmer conditions are on the way, with a high of 11 C forecast for Friday and 10 C for Saturday.

"We can still expect snow to fall and melt, and to fall and melt," he noted.

"It's not until mid-November, on average, that snow falls and stays on the ground for the rest of the winter." ROSS ROMANIUK/METRO

Homemade. Prospect of easily made 3D-printed guns a worry for the feds

The federal Public Safety Department is worried about the emergence of 3D printers that can easily manufacture guns without any kind of licensing control.

The department is commissioning a study that will look at the advent of 3D technology and the feasibility of crafting firearms, parts and ammunition.

In May, the U.S. government made headlines when it ordered a Texas-based website to remove blueprints for using a 3D printer to make a handgun.

Canada's Public Safety Department recently issued a call for a contractor to carry out the study.

The notice points out that legal possession of a firearm in Canada requires a licence and, in the case of handguns and restricted guns, a registration certificate. A firearms business licence is needed to manufacture a gun. A final report is expected in February.

3D printers that can make guns are raising fears. TORSTAR NEWS SERVICE FILE

THE CANADIAN PRESS

Study. Most samples of human breast milk sold online contained bacteria

Human breast milk is sold for babies on several online sites for a few dollars an ounce, but a new study says be careful: Testing showed it can contain potentially dangerous bacteria including salmonella.

The warning comes from U.S. researchers who bought and tested 101 breast milk samples sold by women on one popular site, which over the weekend said it was making changes to its policies. Three-fourths of the samples contained high amounts of bacteria that could potentially sicken babies, the researchers found.

Buyer beware

"Just imagine if the donor happens to be a drug user. You don't know."

Dr. Kenneth Boyer, pediatrics chief at Rush University Medical Center in Chicago

The results are "pretty scary," said Dr. Kenneth Boyer, a pediatrician in Chicago.

Medical literature cites several cases of infants getting sick from strangers' milk. The study was in the journal Pediatrics.

THE ASSOCIATED PRESS

Toronto Zoo

Farewell Iringa, Toka and Thika

The Toronto Zoo is wishing its three former elephants the "very best" in their new home in California.

The zoo says the elephants arrived safely at the Performing Animals Welfare Society sanctuary near Sacramento at about 9:30 p.m. Sunday. Zoo staff were on hand when each was unloaded from crates. THE CANADIAN PRESS

York, Penn.

Kindly thief returns pumpkin stolen from boy

A thief has returned a 255-pound pumpkin that a central Pennsylvania boy won by correctly guessing its weight — along with a note apologizing for the theft.

Nine-year-old Jaiden Newcomer of York won the giant pumpkin at an Oktoberfest celebration.

THE ASSOCIATED PRESS

Nineteen-week-old chickens are transported to Ku-Ku Farms in this photo. The hidden-camera video was filmed by Mercy for Animals Canada. CONTRIBUTED

Cruelty alleged at chicken farms

Mercy for Animals. Hidden-camera video taken at two Alberta farms shows hens in tiny cages and chicks being smashed

An animal-rights organization is urging McDonald's Canada to take a firm stand against what it calls "shocking animal cruelty" captured on a graphic video it says was taken at two Alberta farms.

McDonald's, for its part, says it gets no eggs from those farms.

The hidden-camera video filmed by Mercy for Animals Canada aired on the CTV show W5 last week. It shows hens crowded in battery cages, and chicks being violently smashed by workers and thrown into garbage bags.

"They're so crammed inside those cages they can't spread their wings, they can't walk, they can't turn around, they can't engage in any of their natural behaviour," said Stephane Perrais, director of operations with Mercy For Animals Canada.

"They spend one year of their miserable life in there, basically producing eggs and after that time period, they're considered spent by the industry because their productivity is declined, and then they're slaughtered."

The group says the footage was taken by an undercover investigator who was hired as a farm worker by Ku-Ku Farms and Creekside Grove Farms for 10 weeks. THE CANADIAN PRESS

Not us, said McDonald's

"Abuse is never tolerated in our supply chain and McDonald's has strict policies in place concerning the treatment of animals that our suppliers must adhere to at all times."

Spokeswoman Karin Campbell of McDonald's, who says the fast-food giant's eggs do not come from the farms in the W5 story, nor from Alberta

A chick is shown trapped in the wire of a cage in this handout photo provided by the rights group Mercy For Animals Canada. CONTRIBUTED

Egg industry's view

Egg Farmers of Canada, a non-profit organization that inspects egg producers across the country, said it has watched the W5 segment, and that what was aired was an "aberration" from normal practices.

- "What we did see, and what I was exposed to on W5, was certainly very alarming and disappointing to me as an egg producer," said organization chairman Peter Clarke.
- Egg Farmers of Canada is investigating Mercy for Animal Canada's video to make sure it is authentic, Clarke said.
- It has also launched an investigation of the two Alberta farms.

Duffy a victim of PMO's attempt to make scandal go away, lawyer says

'Illegal procedures.' Donald Bayne says his client was caught up in plan to 'sweep a political embarrassment ... under the rug'

Sen. Mike Duffy's lawyer says the Prime Minister's Office arranged to pay off his client's disallowed housing expense claims as part of an effort to hide a political embarrassment.

Donald Bayne says Nigel Wright, then the prime minister's chief of staff, told Duffy in an email last December that his housing claims were legitimate.

But by February, Wright was urging Duffy to accept a PMO plan that included lines for the media in order to defuse the whole expense situation.

Wright later personally paid $90,000 to repay Duffy's expense claims, even though, Bayne said, Duffy felt he had done nothing wrong.

"It's a scenario, in Nigel Wright's own words, that was created for Sen. Duffy not because he had anything to hide or had made inappropriate claims, but because the PMO had decided that they wanted to sweep a political embarrassment to their Tory base under the rug," Bayne told a news conference Monday.

"They threatened Sen. Duffy with wholly unconstitutional and illegal procedures of throwing him out of the Senate without a hearing if he failed to go along with it."

Bayne said Duffy repeatedly checked to see if it was legitimate for him to claim expenses in relation to a primary residence in P.E.I. and was told it was fine.

The lawyer says the problem lies with the vague Senate rules about residency, not with Duffy.

Bayne also said Conservative senators who are backing a motion to suspend Duffy from the upper chamber without pay are acting like a mob that's demanding a sentence before a trial.

"We can't allow this kind of undemocratic process where the rule of law is being seized here for political reasons," he said. THE CANADIAN PRESS

Mob rule?

"The Senate intends to act like a mob to sentence Sen. Duffy without a trial."

Donald Bayne, Sen. Mike Duffy's lawyer, on Conservative senators backing a motion to suspend Duffy without pay

Donald Bayne, Sen. Mike Duffy's lawyer, speaks with the media during a news conference Monday on Parliament Hill in Ottawa. ADRIAN WYLD/THE CANADIAN PRESS

'Hero' teacher killed, gunman dead in shooting at Nevada middle school

A middle-school student opened fire on campus just before the starting bell Monday, wounding two boys and killing a teacher who was trying to protect other children, police and the victim's family said.

Between 20 and 30 students, most of them 12- and 13-year-olds, witnessed the tragedy at Sparks Middle School that also left the lone suspected gunman dead, police said. It's unclear whether the student committed suicide, but authorities say no shots were fired by law enforcement. Police said between 150 and 200 officers, including some from as far as 96 kilometres away, responded to the shooting.

Family members later identified the staff member who was killed as math teacher Michael Landsberry, 45.

"In my estimation, he is a hero.... He was trying to intervene," Reno police Deputy Chief Tom Robinson said about the fallen staff member.

Landsberry was a military veteran who leaves behind a wife and two stepdaughters, said his sister-in-law Chanda Landsberry. She said she wasn't surprised he stepped in to stop the rampage.

The motive isn't yet known, and the name of the suspect hadn't yet been released.

A Sparks Middle School student cries after being released from Agnes Risley Elementary School, where some students were evacuated to after a shooting at SMS in Sparks, Nev., on Monday. A middle-school student opened fire on campus Monday, wounding two boys and killing a staff member. KEVIN CLIFFORD/THE ASSOCIATED PRESS

Quoted

"As you can imagine, the best description is chaos."

Reno police Deputy Chief Tom Robinson

"As you can imagine, the best description is chaos," Robinson said. "It's too early to say whether he was targeting people or going on an indiscriminate shooting spree."

Students from the middle school and neighbouring elementary school were evacuated to the nearby high school, and classes were cancelled. The middle school will remain closed for the week.

At the evacuation centre, parents comforted their children.

"We came flying down here to get our kids," said Mike Fiorica, whose nephew attends the school. "It's really chaotic. You can imagine how parents are feeling. You don't know if your kid's OK."

One of the students injured in the violence that erupted around 7:15 a.m. was out of surgery and the other was doing well, according to police.

The shooting happened on the school's campus and ended outside the school building itself, according to police.

"I was deeply saddened to learn of the horrific shooting at Sparks Middle School this morning," Nevada Gov. Brian Sandoval said in a statement extending his thoughts and prayers to those affected. THE ASSOCIATED PRESS

The Big Chill. Nearly 25% of scientists in public service feel politically muzzled: Survey

A large survey of science professionals in the federal public service has found that almost 25 per cent of respondents say they have been directly asked to exclude or alter information for "non-scientific reasons."

Some 71 per cent of those surveyed said political interference is compromising policy development based on scientific evidence, and almost half of those who took part said they were aware of cases in which their department or agency suppressed information.

The study, entitled "The Big Chill," was commissioned by the Professional Institute of the Public Service of Canada (PIPSC), and paints a disturbing picture of government scientists who feel they are being muzzled.

More than 4,000 federal scientists — out of more than 15,000 who were invited — responded to the union-commissioned, online survey handled by the polling firm Environics.

"A chill has settled on federal government science that is even greater than that suggested by the cases so far reported by the media," Gary Corbett, the president of PIPSC, said Monday. THE CANADIAN PRESS

Oregon

Google Earth helps police bust pot grower

Police say the view from space helped them bust a medical-marijuana garden with too many plants in Oregon.

Authorities received a tip that Curtis W. Croft was bragging about all the pot he was growing, and went to Google Earth to find out what they could see.

Authorities say online satellite images taken in June showed dozens of plants in neat rows, and a police raid in September led to the seizure of 94 plants. THE ASSOCIATED PRESS

Michael Sean Stanley

Sex offender who fled to U.S. living near preschool

A sex offender who fled Canada now lives a block away from a preschool in Seattle, police records show.

Michael Sean Stanley cut off his electronic monitoring bracelet in Lloydminster, Alta., this month. He crossed the border and was located in the Seattle area last week. Authorities asked him to register as a sex offender. His address online is listed as just a block away from a scenic destination for both tourists and locals. It's also near a preschool. THE ASSOCIATED PRESS

Ready to talk

BBM chat finally ready for iPhones and Androids

BlackBerry says its popular instant-messaging service is now ready for Apple's iPhone and Android devices, following a technical glitch that delayed the launch by about a month.

A company blog post published on Monday announced that BlackBerry Messenger would be available for free within hours on Apple, Google and select Samsung app stores. The company hopes BBM will become a revenue generator through advertising.

BBM allows real-time, secure text messages, without purchasing an SMS text package from a wireless carrier.

THE CANADIAN PRESS

Canada-Europe trade

Free-trade deal needs public input: Critics

Federal ministers say the text of Canada's free-trade agreement with Europe will be available within the next few months, but Canadians may not be able to vote on it before it gets ratified.

Trade Minister Ed Fast and Foreign Affairs Minister John Baird suggest the agreement will likely be approved by Parliament before voters go to the polls in 2015 — but that it will get a full debate in the House of Commons.

NDP trade critic Don Davies said that plan is not sufficient, given that the EU deal is arguably the biggest Canada has negotiated — more sweeping than free trade with the U.S. or NAFTA — in terms of influence, and perhaps impact on the economy.

"Canadians have a right to be consulted in a meaningful way ... and in a way that allows us to inject some of that input into the agreement," said Davies.

Canadians got a chance to vote in a general election before ratification of two previous big trade accords — the deal with the U.S. in 1988 and NAFTA in 1993.

THE CANADIAN PRESS

Market Minute

DOLLAR 97.08¢ (-0.06¢)

TSX 13,186.53 (+50.44)

OIL $99.22 US (-$1.59)

GOLD $1,315.80 US (+$1.20)

Natural gas: $3.66 US (-0.007¢)
Dow Jones: 15,392.2 (-7.45)

Team Canada wants ethical Olympic gear

Hockey Canada and Nike's newest Olympic Team Canada hockey jersey has 12 gold Maple Leafs behind the collar. The sports governing body is pursuing an ethically sourced clothing policy. LUCAS OLENIUK/TORSTAR NEWS SERVICE

Fair-made jerseys. 'We want to keep up to the highest standards of transparency': Official

Hockey Canada, the most influential sports governing body in Canada, is pursuing an ethical sourcing policy for its merchandising partners for hockey sweaters, T-shirts and other fan goods.

Torstar News Service has learned the organization's senior staff last week presented the executive committee of Hockey Canada's board with a proposal to begin discussions with three or four industry watchdogs that monitor suppliers of western retailers in the developing world.

"We have been looking into this in recent days and we recognize we have some work to do," said Scott Smith, Hockey Canada's chief operating officer, in an interview.

Staff began examining the organization's policies after receiving questions from Torstar, Smith said.

"We want to keep up to the highest standards of transparency," he said.

Smith said Hockey Canada staff plan to contact labour-rights groups, as well as a program enlisted by retailers and manufacturers to certify suppliers are meeting their standards.

Hockey Canada's promise comes amid increased scrutiny of the garment industry. Six months ago, the Rana Plaza disaster in Bangladesh killed 1,129 workers and western retailers have since been adjusting and explaining how they source their suppliers abroad.

TORSTAR NEWS SERVICE

Where Games gear is made

- **Hudson's Bay Company:** Consumer clothes made in China; 85 per cent of athletes' clothes made in Canada, remainder in China.
- **Nike hockey jerseys:** Player jerseys made in Canada; replicas in Indonesia.
- **Adidas bobsled and skeleton gear:** Made in Vietnam, China, Indonesia and Cambodia.

From the athletes

'Athletes should not be competing in uniforms that exploit people'

Former Canadian Olympian Bruce Kidd wants to make the shadowy world of Olympic garment production more transparent.

Kidd is concerned the Canadian Olympic Committee's (COC) ethical sourcing policy, disclosing where items are made, is not publicly available.

"(Factory disclosure) shows that there is nothing to hide in the production line and enables independent monitoring. Olympic athletes represent the best values of youth and competition and athletes should not be competing or marching in uniforms that exploit people," he said.

Olympian Clara Hughes said that while she hasn't asked about the COC's current policy, she expects it to have an aggressive ethical sourcing code.

"There should be something very transparent in place that's followed so you would never see a Canadian Olympic athlete competing or wearing anything that's made in that manner," Hughes said.

The COC's current policy, which does not appear on its website, requires that its partners monitor the garment factories it hires for rights violations. TORSTAR NEWS SERVICE

Olympian Clara Hughes says athletes should wear ethically sourced gear.
TORSTAR NEWS SERVICE FILE

Social media. Facebook may take under-13 users

Some privacy advocates were rankled when Facebook announced changes to its policies last week that allow teens to post public updates that can be viewed by anyone in the world.

But Facebook has contemplated another rule change that could prove even more controversial.

Facebook's manager of privacy and safety Nicky Jackson Colaco says the social network has "thought a lot about" opening up the site to children under the age of 13, without violating laws in Canada and abroad.

In the U.S., the Children's Online Privacy and Protection Act starts at 13. Despite this, plenty of young kids are using the site anyway, often with help from their parents.

"I think there are parents who make the decision that it's appropriate for their kids and we really encourage parents to have their kids wait until they're 13 and follow that guideline that we have," Colaco said.

A spokesman for Canada's privacy commissioner Jennifer Stoddart said in a statement that consultation would be important if Facebook planned to accept younger users. THE CANADIAN PRESS

Facebook is now allowing teenagers to share their posts on the social network with anyone on the Internet. JUSTIN SULLIVAN/GETTY IMAGES

Cutting carbs? Maple Leaf may sell Canada Bread

Maple Leaf Foods has put its bakery business on the auction block as it explores possibilities that would get the most out of its 90 per cent stake in Canada Bread.

Chief executive Michael McCain said Monday that while the company hasn't decided the future of the bread operations, a sale is on the shortlist of possibilities.

"We started a process to consider alternatives," he said in an interview.

If a deal materializes, popular brands such as Dempster's, Tenderflake, and Olivieri pastas would find themselves in the hands of a new owner.

Canada Bread has also been downsizing. It announced in January that it would shut two factories with 121 jobs total. THE CANADIAN PRESS

Baking time

2015

The anticipated sale of Canada's largest bakery business is part of a multi-year restructuring effort, which Maple Leaf expects to complete in 2015.

LIVING SOLO NO LONGER FOR SPINSTERS

SHE SAYS

Jessica Napier
metronews.ca

I will always cherish the brief couple of years that I lived entirely on my own; it was a beautiful period of independence, self-actualization and cereal for dinner. And while I have no desire to be romantically unattached again, I do find myself occasionally craving the single lifestyle.

I miss the lack of accountability that comes with living alone and the ability to indulge in all of that secret, single-girl behaviour I feel obligated to hide from my boyfriend like painting my nails in bed while watching very bad reality television.

Worldwide, the number of adults living alone has tripled in half a century. For the first time in Canadian history there are now more single-person households than couple households with children. In major cities, we are increasingly alone together: domestically separated but profoundly connected by our communal urban experiences — in restaurants, bars, gyms, museums — and through social-media platforms.

In the new CBC documentary Flying Solo, producer and director Scott Harper examines the dramatic shift in our culture towards living alone — its origins, influences and the repercussions for our society at large. The documentary, which premieres Thursday on CBC's Doc Zone, follows a diverse variety of individuals living alone in cities across Canada and the United States.

The major benefit of independent living is the selfish autonomy it provides; when you have your own space to come home to it can be "me time" all the time. It's the freedom to do as you please that appeals to single dwellers, says Harper: "To go to bed and get up on your clock, to eat what and when you like, to travel and to spend time with whomever you want without having to check in with anyone."

Of course, flying solo does have its downsides. Single-income households are inherently more expensive and can lead to feelings of isolation. Without roommates or a spouse, solitary residents can risk feeling alienated if they don't take proactive measures to remain socially active.

But Canadian cities aren't full of lonely spinsters and incorrigible bachelors. Instead, we are witnessing the emergence of a new breed of people in their 20s and 30s who aren't rushing to settle down and procreate but are instead focused on nurturing their own individuality and spending time with their extended social circles of friends and co-workers. We're creating new urban tribes and debunking the traditional nuclear family model in the process.

"As a group, solos are reshaping the economy, politics, the environment and of course the future of the family itself," says Harper. "I think that there still is — and probably always will be — a desire for partnerships and kids — it's just that now the stigma over opting out of being a part of that, and choosing to live on your own, is over."

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Face it: 11 acres makes for a large portrait

COURTESY JORGE RODRÍGUEZ-GERADA/BELFASTFESTIVAL.COM

Largest land art in the U.K. on display

A gargantuan picture of a child has been unveiled on a field in Belfast as the largest land-art portrait in the U.K.

Spanning 11 acres (44,515 square metres) of land in Belfast's Titanic Quarter, a regenerated district near where the RMS Titanic was built, Wish is the name of the portrait of an anonymous six-year-old girl from Belfast. It was created by Cuban-American artist Jorge Rodríguez-Gerada.

METRO

GPS, and lots of hard work

30,000

Volunteers used GPS technology to map out the site before laying 30,000 wooden pegs to trace the image's outline. Two thousand tonnes of soil and 2,000 tonnes of sand were needed to create the artwork. Wish was 18 months in the making, with one month for production, Rodríguez-Gerada told Metro.

The artist, who currently lives in Spain, added: "Around 100 volunteers — everyone from local artists, construction workers, to grandparents and their grandchildren — helped out in making this portrait possible."

Artist's viewpoint

"Its message is social: the universal power of making a wish. And its location in a regenerated part of Belfast — with all its recent history — is profound."

Jorge Rodríguez-Gerada,
47-year-old Cuban-American artist

Obstacles didn't stop volunteers

For Rodríguez-Gerada, the artwork was an arduous one. "Interference from a nearby airport, difficulties in spreading the sand evenly and the rain made the project challenging," he said.

"What I didn't expect was the community's response," the artist added. "People from both sides of the political spectrum were supportive and united to create something universal."

METRO

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

One of the best features of living in the future is how simple it is to learn about the past. Subscribe to these history podcasts on iTunes and treat yourself to a few crash courses.

The Roman Baths in Bath, England, contain one of the best examples of a preserved Roman bath complex in Europe. GETTY IMAGES

In Our Time:

The topic of Melvyn Bragg's weekly BBC panel show is always a surprise when it shows up in our feed. From well-known battles and leaders to obscure philosophies and diseases, the range of Bragg and his rotating crew of experts is like a history swatch.

The History of Rome:

By this point, Mike Duncan's exhaustive history of the Roman Empire is more audiobook than podcast — the series wrapped in 2012 with the fall of the empire. But if you take the time to treat yourself to the 179 25ish-minute episodes, then feel free to consider yourself an expert.

Dan Carlin's Hardcore History:

Though the episodes can be pretty meaty — each episode of his five-part series on the Mongols ran at least an hour and a half — the time is used extremely well. Carlin's gravelly delivery can sound a little talk radio at times, which happens to fit his somewhat contrarian take on events you thought you knew about.

Twitter

@metropicks asked: A landlord is feuding with tenants keeping a legal grow-op. Should some legal activities be banned for tenants? Which?

@WTarcisio: It is a fight of neighbors on a global scale. He should have given marijuana to another and would have avoided this whole mess.

@calgarytoad: Throwing hammers at your walls is not illegal but I wouldn't want my tenants doing it.

@TheJamesAsh: But your lease typically explicitly covers damage and how it's handled. A legal grow should be no different.

@calgarytoad: Agreed. Tenants should pay for all damages regardless of cause.

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:
Send us your comments: reginaletters@metronews.ca

metro

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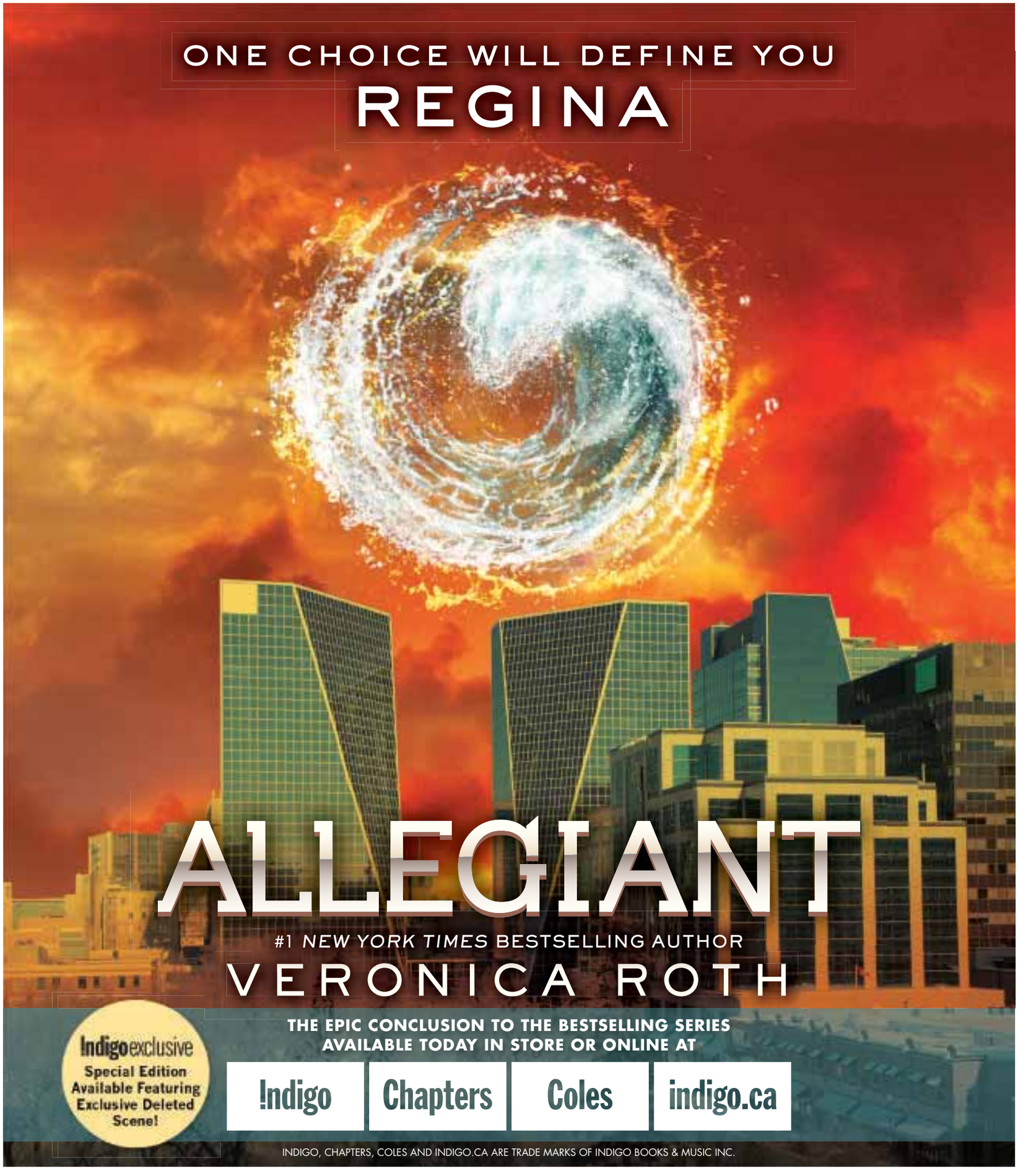
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The classic action star is alive and well, albeit a little long in the tooth. Last weekend Sylvester Stallone and Arnold Schwarzenegger teamed up in The Escape Plan — despite being 67 and 66, respectively. But the thrill of seeing old timers acting like lithe 20 year olds has been long with our culture. It's a tradition, albeit one that has ramped up in recent years.

MATT PRIGGE
Metro World News in New York

5

Old guys ready for action

John Wayne (Brannigan, 1975)

At 68 — before his autumnal swan song, The Shootist — The Duke made the kind of movie most actors wouldn't make at 58, playing a cop who travels to Jolly Ol' England to speed around in cars and very, very, very slowly draw his gun on perps. Can you believe this isn't the oldest entry on this list? (Keep reading.)

Roger Moore (A View to Kill, 1985)

Pierce Brosnan, the man born to play James Bond, was waiting in the wings in the early '80s as the then-current Bond was bound to retire. And why wouldn't he? He was almost 60 years old. Regardless, Moore wouldn't surrender the throne, and at 58 he made his last appearance as 007. Technically, about 40 per cent of his performance is stunt men shot from a distance, or shots of him in front of rear projection, pretending to be skiing madly down a hill. But he's still randy as ever, although he's, at this point, really more of a dirty old man.

Harrison Ford (Indiana Jones and the Kingdom of the Crystal Skull, 2008)

Ford seems to have resigned himself to being old, now that he's 71. He plays administrative roles now, in 42 and Ender's Game. But only five years ago he was relaunching his second most famous franchise, and looking pretty weary while doing it, too.

Charles Bronson (Death Wish V: The Face of Death, 1994)

Bronson came to mega-stardom relatively late in life, not hitting Death Wish pay dirt until he was in his 50s. Through the '80s he was an industry unto himself, making cheap, sleazy, highly questionable vigilante pictures, including one where he hunts down a killer nudist (10 to Midnight). Few of these did well, and almost no one went to see the final instalment in his most famous franchise. This is too bad because he was a 73-year-old gunning down "creeps" with big guns.

Clint Eastwood (Gran Torino, 2008)

This isn't technically an action film, but it does feature Clint wielding guns, pushing people around, barking threats, etc. It's the only one to really acknowledge that its hero, then 78 (now 83), can't do this stuff anymore. In fact, Clint has been scarce from the screen the last two decades. His last proper action film was In the Line of Fire in 1993, which still features him running on roofs and putting the moves on Rene Russo. If Clint isn't stretching his muscles on screen these days, that's partly because he sometimes directs two often long movies a year.

Cults likes to keep the band Static

No new players. While it might make sense to expand the band for a bigger sound, Cults likes the DIY approach

PAT HEALY
Metro World News in Boston

When a musical project that begins as one or two people becomes Internet famous, small groups are often forced to expand so that all of the sounds that very few people took part in recording can be fully realized for the live show.

And just as often, the people who made up the core of the band just accept the touring musicians into the lineup for the second album. But Cults guitarist and singer Brian Oblivion says he and singer Madeline Follin felt no such temptation to bring any additional help into the creative process.

"I think I'm better with the complexities of putting together the keyboard part than the complexities of dealing with a keyboardist personality," says Oblivion.

"I think that's the problem with me; I have a hard time dealing with other people."

This uneasy edge casts a shadow over the poppy 1960s sound on Cults' new album, Static.

The album picks up where the band's 2011 self-titled debut left off.

The sound is richer, but it doesn't sacrifice the intimacy or weirdness of two people having fun making music, regardless if they find success doing it or not.

"We make these records for ourselves and we do hope that people will take them in and enjoy them," says the guitarist, "but we don't really stress out if they don't.

"It's not like we have our hopes and dreams and life and everything tied up in being a rock star."

That said, a guy who calls himself Brian Oblivion could probably come up with a moment or two where he engaged in traditional "rock star" dalliances after touring the world with Cults, right?

"I think doing bath salts in Japan," he says, sounding almost embarrassed.

"There was a moment where after being up for 16 hours, I was sitting in the middle of Shibuya Crossing and I didn't know where I was and I started crying and laughing hysterically and then crying again, while these Japanese people were crowding around me. I was like, 'Oh this is too much.'"

Marilyn Manson. ALL PHOTOS GETTY IMAGES

Mickey and Manson? We're all stars now, in the Disney show

Marilyn Manson is teaming up with ... Disney? Shock rocker of our '90s hearts, Marilyn Manson, will be joining the cast of the Disney/ABC show Once Upon a Time, reports Rolling Stone. The singer will be voicing the character of Shadow.

"We've always been enormous fans of Marilyn Manson," show creators and executive producers Eddy Kitsis and Adam Horowitz told the magazine. "We wanted to cast someone with the vocal ability to make our skin crawl."

For those of us old enough to remember the '90s, let me tell you: With his references to satanism, cross-dressing, dark music videos, Manson really, really freaked out old people — like, even more than twerking. And now he's going to be on a Disney-affiliated show.

God bless America.

Robert Pattinson

Pattinson's team thinks it's time to reign Robert in

Robert Pattinson has reportedly been ordered by his management team to stop partying and womanizing and get back to work, according to Radar Online. "Rob's team felt he needed a wake-up call (and) that now is the time to get extremely serious about his career, even if that means quitting the womanizing and music-making that have defined his life in Los Angeles so far," a source says. "They really don't want him throwing this opportunity down the toilet." And according to the source, the stakes for the Twilight star's career couldn't be higher. "Rob has to pick his next movie before the end of the year, and frankly everyone is worried he's going to screw this up," the source adds. "There's this very strong sense from his team that he needs to find a serious movie, like Brad (Pitt) did with Seven that pulls him out of the cheesecake territory."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Is the industry's most controversial photog about to be out of work?

ALICE TATE
Metro World News

Terry Richardson has found himself at the centre of a new media furor. No, it's not surrounding a new set of Miley Cyrus images. Instead, he, himself, is the subject of an anti-Richardson petition, which urges brands and major magazines to boycott the photographer. Alice Ehrenfried launched a petition on Change just over a week ago, titled, Vogue, H&M, Mango, Supreme, and all other brands: Stop using alleged sex offender Terry Richardson as your photographer. Penning strong words on the site, Ehrenfried's aims are even stronger, as she appeals for 50,000 signatures. Whilst the hefty figure seems ambitious, now that the campaign is en route to going viral, reaching the goal doesn't seem out of the question. The petition has nearly 6,000 signatures already. The magazines still seem to love him but clearly not everyone is OK with Richardson's exploitative take on editorial.

"It's very important that degrading images are not considered 'the norm' and that (alleged) sexual predators are not glorified in the fashion industry," Ehrenfried, who works as a jewelry designer, tells us in an interview. Counting herself as a feminist, she questioned, "How can respectable brands possibly condone his behaviour?"

Ashley Judd

Judd and estranged hubby may be taking another spin around the track

Ashley Judd has reportedly had a change of heart and is giving her marriage to race car driver Dario Franchitti another go, according to Us Weekly. Franchitti is recovering from a scary on-the-job crash that left him with a broken ankle and two fractured vertebrae — and injured 14 other individuals — and Judd is said to have rushed to his side after the crash. "They are going to give it another try after he recovers," a source says. "His accident made her realize how much she loves him."

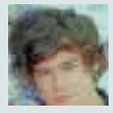
Busy Philipps

Evan Rachel Wood

Wood and Philipps got Busy on the same day

It turns out A Case of You co-stars Busy Philipps and Evan Rachel Wood had a lot more in common on the set of their romantic comedy than they thought. During a Q&A panel following a screening of the film, the stars discovered they got started making their new babies the very same day, according to People magazine. "I got pregnant Oct. 10," Philipps revealed, to which Wood chimed in, "Oh my God! I swear to God that's the day that I got pregnant," which prompted a spirited, "Shut up!" from Philipps. Philipps welcomed her second daughter, Cricket, on July 2, while Wood gave birth to her first son with husband Jamie Bell on July 20.

Twitter



@Harry_Styles
Thinking about it, I've been in Australia for a while now and nobody has put any shrimp on any barbies.

@lenadunham
And the award for most disappointing rice pudding of the year goes to... this rice pudding!!!

@mindykaling
It is the era of the serious baby

What you need to fuel that workout fire

Not sure what to eat before and after a workout to maximize all that iron-pumping and cardio-induced sweating? Use these tips from registered dietitian Dawn Jackson Blatner for maximum benefits.

METRO

Before your workout, eat:

Bananas
For a steady, long-lasting supply of energy, eat a banana right before you hit the gym. It contains 25 grams of carbohydrates, your body's preferred fuel source for exercise. Bonus: You'll also get a good dose of potassium, a key electrolyte that's lost through sweat.

Raisins
A new study shows that raisins work just as well as sports gels to fuel your muscles pre-exercise. Aim for two tablespoons — or about 30 to 40 raisins.

Pomegranate juice
Healthy compounds in pomegranate juice called polyphenols may help decrease muscle soreness, a recent study found. Drink four to eight ounces daily. Choose one that's 100 per cent juice.

Green tea
This healthy brew contains catechins, substances that may increase fat burning during exercise, according to research. Drink eight to 16 ounces of hot or iced tea before heading to your session.

If you're going to put in all that work at the gym you might as well do the right things to help yourself before and after your workout. ALL PHOTOS GETTY IMAGES

After a workout, eat:

A tuna sandwich
Your body's best exercise recovery combo is protein to repair muscles and carbs to replenish energy stores. Protein-rich tuna on whole-grain bread is the perfect post-workout pick-me-up. Bonus: The healthy omega-3 fats in tuna may also decrease muscle soreness.

Yogurt
Dairy foods such as yogurt are naturally rich in protein and carbs. For extra credit, choose two per cent yogurt — it contains Conjugated Linoleic Acid (CLA), which may accelerate fat burning. Try plain two per cent yogurt. Add a teaspoon of honey.

Tart cherries
A compound in tart cherries called anthocyanin may reduce muscle soreness and inflammation. Aim for half to one cup of the unsweetened frozen fruit or 100 per cent juice.

A green smoothie
A new study shows that a healthy compound in leafy green vegetables helps muscles work more efficiently. In a blender, purée one cup of leafy greens such as spinach, eight ounces of low-fat milk and half cup frozen berries and enjoy it after vigorous exercise sessions.

You can take this advice with a grain of salt

Group changing their recommendations.
2,000 mg of dietary sodium a day OK, say blood pressure experts in new guidelines

A group that advises doctors on how to best help patients prevent high blood pressure is shaking up its advice on the amount of sodium Canadians should get in their diets.

On Thursday, Hypertension Canada announced it has raised its recommended amount of daily sodium intake for most adults to 2,000 milligrams, the equivalent of roughly five millilitres or one teaspoon of salt.

The organization's recommendations task force — made up of almost 70 doctors, nurses, dietitians and other health professionals from across Canada — decided to raise the daily sodium target to 2,000 mg after reviewing the latest research about the effects of salt on blood pressure.

Previous recommendations advised Canadians aged 14 to 50 to limit their daily sodium consumption to 1,500 mg, those 51 to 70 to aim for 1,300 mg, and those 70 and older to ingest even less — 1,200 mg.

But task force co-chairman Dr. Raj Padwal said research shows that cutting salt intake to even 2,000 mg a day from 3,600 mg can significantly improve blood pressure levels.

"The second reason is that 1,500 or 1,300 or 1,200 ... it's simply not feasible because the average intake in the Canadian population is 3,400 milligrams, which is about a teaspoon and a half of salt."

In 2010, a sodium working group chaired by Health Canada advised Canadian adults to try to cut salt consumption by a third so they could reach a maximum of 2,300 mg a day by 2016. The group said 1,500 mg daily is considered adequate intake.

THE CANADIAN PRESS

2,000 milligrams is the new standard for sodium consumption. LARRY CROWE/THE CANADIAN PRESS

Chicken Quinoa 'Mac and Cheese': Healthy comfort food

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

This recipe serves six. ROSE REISMAN

Quinoa, the supergrain, has crept its way into every meal I can think of. In this variation of Mac and Cheese, you can use tofu or seafood for the chicken.

1. Preheat oven to 400 F (200 C).

2. In pot, add the quinoa and water. Bring to a boil, cover and simmer for 15 minutes or just until cooked. Set aside.

3. Meanwhile, dust the chicken with flour. In a skillet sprayed with vegetable oil, cook just until done, about 3 minutes. Add to the quinoa along with the sun-dried tomatoes and feta. Place into a 9-inch (23 cm) baking dish.

4. To make the sauce: In a saucepan, add the milk, stock, flour, mustard and salt and pepper. Whisk until the flour is mixed in and bring to a simmer. Cook for 3 minutes or just until slightly thickened, stirring constantly. Add 3/4 cup (185 ml) cheddar and 2 tbsp (30 ml) Parmesan. Whisk until smooth.

5. Pour over quinoa and mix.

6. To make the topping: Combine the topping ingredients and sprinkle overtop. Bake for 10 minutes or just until topping is browned.

Ingredients

- 1 cup quinoa
- 1 1/2 cups water
- 6 oz diced chicken breast
- 2 tbsp all-purpose flour
- 1/2 cup chopped rehydrated sun-dried tomatoes
- 1/3 cup crumbled reduced-fat feta cheese

Sauce

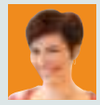
- 1 1/4 cups 2% milk
- 1/4 cup low-sodium chicken stock
- 2 tbsp all-purpose flour
- 1/2 tsp Dijon mustard
- pinch of salt and pepper
- 3/4 cup grated aged cheddar cheese
- 2 tbsp grated Parmesan cheese

Topping

- 1/3 cup panko or unseasoned dry breadcrumbs
- 2 tbsp grated aged cheddar cheese
- 2 tbsp grated Parmesan cheese
- 2 tsp olive oil

Health Solutions

Oats are more than porridge



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

As the weather cools, we start to crave mushy, warm comfort food.

It's only natural and nothing is more natural than oats.

Oats are grown in Canada, used by Canadians and exported around the world.

They are loaded with cholesterol lowering fibre and a significant source of minerals that may otherwise be missing from your diet.

Don't just settle for porridge, though, add oats in a multitude of ways.

- Whir rolled oats in a blender and use the powder in place of bread crumbs in burgers, meatballs and meat loaves.
- Use the same ground oats in smoothies and shakes.
- Bake traditional Scottish oatcakes instead of oatmeal cookies.
- Use a paste of warm oats as a skin soothing face mask.
- Place a handful into a cheesecloth or facecloth and let soak in a tub to soften skin. Rub sack on rough spots to soothe and exfoliate.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Sandwiching Moroccan flavours — literally

Ingredients

- 340 g (12 oz) lamb tenderloin, cut into thin strips
- 4 ciabatta buns, split

Lamb Marinade

- 2 cloves garlic, crushed
- 5 ml (1 tsp) honey
- 15 ml (1 tbsp) olive oil
- 5 ml (1 tsp) harissa paste
- 5 ml (1 tsp) kosher salt
- 2 ml (1/2 tsp) each ras el hanout, cumin seeds, black pepper
- 30 ml (2 tbsp) pine nuts
- 50 ml (1/4 cup) chopped Italian parsley

Spicy Mayo

- 50 ml (1/4 cup) mayonnaise
- 1 clove garlic, minced
- 5 ml (1 tsp) each honey and harissa paste
- Pinch ras el hanout

Fig and Goat Cheese Salad

- 2 fresh figs, diced
- 60 g (2 oz) soft goat cheese, crumbled
- 5 ml (1 tsp) each honey and olive oil
- 1 ml (1/4 tsp) each cumin powder, cumin seeds, ras el hanout
- 6 fresh mint leaves, julienned
- 250 ml (1 cup) baby arugula

This recipe serves four. CONTRIBUTED

A Montreal man's adventurous spirit when it comes to elevating the humble sandwich has earned his lamb creation the title of Canada's best sandwich.

Jean Emond won $10,000 last week for his North African Lamb Filet Sandwich With Harissa and Figs as well as a $10,000 donation toward his charity of choice, World Wildlife Fund Canada.

He beat three other finalists in the competition sponsored by ACE Bakery and judged by Bob Blumer, host of Food Network Canada's World's Weirdest Restaurants, Julie Van Rosendaal, the Calgary-based blogger behind DinnerWithJulie.com, and Marcus Mariathas, ACE Bakery's master baker.

Emond developed his recipe through a step-by-step process starting with lamb, then layered on ingredients and spices to create a balance of Moroccan flavours. Ras el hanout is a spice mix from North Africa.

1. In a large bowl, mix together marinade ingredients except pine nuts and parsley. Add lamb strips and marinate in refrigerator for 1 hour to let flavours mingle.

2. In a large wok or a skillet over medium heat, stir-fry lamb until just cooked through, 3 or 4 minutes. Stir in pine nuts and parsley and toss to combine.

3. Spicy Mayo: In a small bowl, combine all ingredients.

4. Fig and Goat Cheese Salad: In a small bowl, gently toss all ingredients together until lightly coated, adding mint and arugula at the last moment.

5. To assemble: lightly grill ciabatta buns until warm and toasty. Spread cut sides of each bun with some of the mayo. On the bottom bun, lay some of the seasoned lamb mixture and drizzle with some of the jus. Finish with the salad and top of bun. THE CANADIAN PRESS/ ACE BAKERY

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Popping the pre-nup question

Protecting your assets. Talking about finances may not be romantic, but experts say it's best to raise the subject early

VICKI SALEMI
Metro World News in New York City

When news broke this month about Kris and Bruce Jenner's separation, Steven Eisman, partner and director of the matrimonial law department at New York City's Abrams Fensterman, was surprised to hear they didn't sign a pre-nuptial agreement before their 1991 wedding vows.

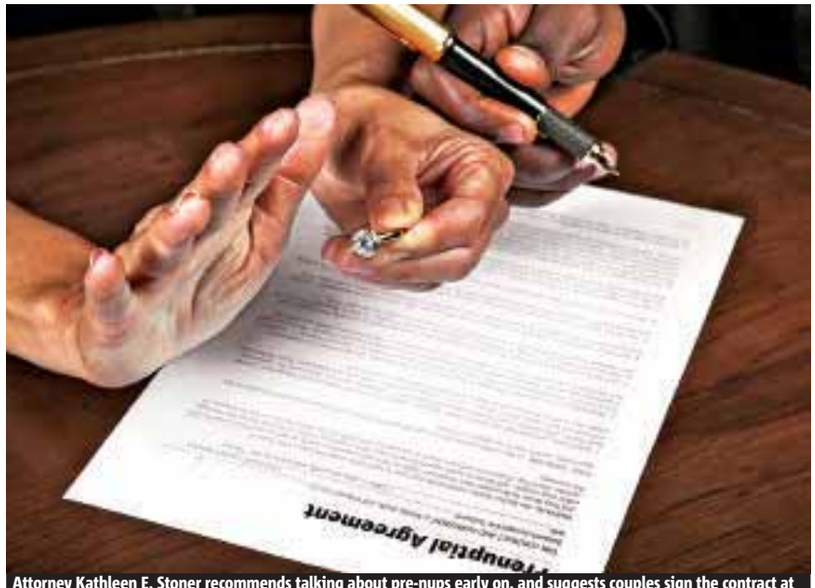
"They both had a substantial net worth at the time of their marriage — they were both somewhat celebrities," he says. Years later, after clothing lines, endorsement deals and a reality show, their net worth will be an issue as they head to divorce court.

It's also surprising because the Jenners entered their union with children from former marriages. Eisman says pre-nups aren't unusual for second marriages, because people want to be able to take care of their children.

Kardashian empire aside, Eisman sees more and more couples walking down the aisle at a later age, which means they're more likely to have assets to protect. "They say, 'I love you forever and ever but in case it doesn't work, I don't want to share everything I acquired before we tied the knot.'" Sure, it's his job, but Eisman says it is indeed better to be prepared and realistic.

As for bringing up the sensitive topic with your spouse-to-be, Kathleen E. Stoner, attorney and co-author of Prenuptial Agreements: How to Write a Fair & Lasting Contract, recommends talking early on and suggests that couples sign the contract at least three months before the big day.

Although it's oh-so-unromantic to talk about finances and properties, she says any relationship will involve money, so the "best thing for people to do is to learn how to have those conversations in a loving way."



Attorney Kathleen E. Stoner recommends talking about pre-nups early on, and suggests couples sign the contract at least three months before their wedding day. ISTOCK

She also says that those conversations have to keep going throughout the relationship — it's wise to review the pre-nup every few years to see if it still makes sense. "Some pre-nups even include a commitment to doing that," she says.

Stoner says pre-nups are not for everyone, but she believes everyone should consider them and do their research. "Make a well-informed decision about (pre-nups) based upon the individual circumstances and the (jurisdictional laws)."

What could this cost me?

- Kathleen E. Stoner, attorney and co-author of Prenuptial Agreements: How to Write a Fair & Lasting Contract, says the cost of a pre-nup depends on how complicated it is and who drafts it.
- "High-end premarital agreements involving substantial assets could cost thousands of dollars. In contrast, simpler premarital agreements ... might run between $500 and $1,000."

Nothing like the smell of a good statistic in the morning

Small businesses. Take advantage of our love affair with figures to grab media attention

YOUR MONEY
Alison Griffiths
money@metronews.ca

There are lies, damned lies and statistics, as the saying goes. Still, government, industry and the media alike all adore a good stat. Among the press-release dross that piles up in my inbox, nothing grabs my attention like a startling number that highlights some aspect of human behaviour from shopping to investing.

And clever use of stats is one way small businesses can attract media attention even without a marketing department.

"You can get much of what you need to build a numbers narrative by working the rich data in the websites of governments, associations, boards of trade and other knowledge repositories like universities and colleges," points out Margo Rapport, vice-president of communications for H2 Central, an integrated marketing and communications firm headquartered in Toronto.

"Dig deep for colourful facts and stats — and don't stop at surfing. Pick up the phone and ask questions. Your local reference library can also be a huge ally." Rapport notes that small business owners new to numbers-based promotion should remember that the story is the goal. "For some media, a news release works just fine. For others, like business and financial journalists, infographics make numbers come alive."

Infographics, an increasingly popular visual representation of statistics, can be expensive to construct, but many industry associations regularly publish them and most are happy to allow a business to use the research as long as credit is provided.

To find out what kinds of statistics end up in an article, Rapport recommends small-business owners research wire services such as Canada Newswire or Marketwired. "Many of them feature numbers-oriented narratives. They can also identify good research sources."

Another option for a more mature small business is hiring a professional to find the kind of numbers that will end up in a journalist's story. "Use $2,000 to $4,000 as a benchmark for working with an experienced professional, based on the estimated hourly rate and number of projected hours," advises Rapport. "Get interim research results and agree to put a cap upfront on searches that may be unproductive."

Even the smallest enterprise can take advantage of our love affair with statistics. And it doesn't have to cost a fortune.

Online resource

- H2 Central's Agora blog, h2central.ca/AgoraBlog, offers some fascinating takes on marketing and public relations for all kinds of businesses. It's definitely worth a look.

Do your research

"Dig deep for colourful facts and stats — and don't stop at surfing. Pick up the phone and ask questions. Your local reference library can also be a huge ally."

Margo Rapport, vice-president of communications for H2 Central

Illustrating statistics using charts or infographics can be a good way to get attention from business journalists. ISTOCK

The Stampeders have yet to face defensive end Alex Hall, left, in a Roughriders jersey. LIAM RICHARDS/THE CANADIAN PRESS

Stampeders wary of Riders D-line

CFL. Calgary looks to duplicate Aug. 9 win in which Cornish ran for 175 yards, 4 TDs

The Calgary Stampeders offensive line made room for Jon Cornish to run for 175 yards and four touchdowns the last time the Saskatchewan Roughriders visited McMahon Stadium.

Then Calgary's offensive linemen held CFL sack leader Alex Hall to zero sacks when the Winnipeg Blue Bombers came to town earlier this month.

Can they continue their success Saturday, now that Hall is a Roughrider following his trade from Winnipeg?

A 42-27 loss to Calgary on Aug. 9 was an anomaly for a Saskatchewan defensive line that was talented enough before Hall's arrival Oct. 6.

Saskatchewan is tied for second in the CFL in sacks with Montreal and ranks second in stopping the rush. The Roughriders' defence contributed to 28 points scored off turnovers in a 35-14 win over the B.C. Lions last Saturday.

"Their front four, front five now that Alex Hall has joined the club, they're great run defenders and pass rushers," Calgary head coach John Hufnagel said Monday following the Stampeders' team photo.

"It's going to be a big challenge for our offence to be able to run the ball efficiently and effectively and protect our passers."

Sack leaders

15

Calgary's Charleston Hughes has pulled even with Alex Hall for the league lead in sacks (15).

Calgary (13-3) and Saskatchewan (11-5) have already secured home playoff dates, so it's now a matter of who hosts the division semifinal Nov. 10 or the final Nov. 17.

Calgary can secure first in the West Division with a win or a tie Saturday. Saskatchewan can extend the race for first place to the last week of the regular season with a victory.

Calgary and Saskatchewan are 1-1 against each other this season, so Saturday's victor would get the higher playoff seed in the event they're tied in points at the conclusion of the regular season.

THE CANADIAN PRESS

Aaron Hernandez trial

Judge rejects recusal request

The judge in the Aaron Hernandez murder case has declined to recuse herself, saying she has no bias against prosecutors.

Prosecutors asked Judge Susan Garsh to step aside, alleging she and prosecutor William McCauley have a "history of antagonism" stemming from a 2010 murder trial.

THE ASSOCIATED PRESS

Banged-up Bears

Chicago down Cutler and Briggs

Chicago Bears quarterback Jay Cutler will miss at least the next four weeks of the season and Pro Bowl linebacker Lance Briggs will be out for around six weeks.

Cutler (groin) and Briggs (shoulder) were both hurt in Sunday's loss to Washington.

THE ASSOCIATED PRESS

NHL

Former 1st overall draft pick retires

Veteran defenceman Roman Hamrlik announced his retirement Monday, ending a 20-year NHL career that included three all-star appearances.

Hamrlik was drafted first overall by the Tampa Bay Lightning in the 1992 NHL draft. He played 1,395 regular-season games and 113 post-season games with Tampa Bay, Edmonton, the New York Islanders, Calgary, Montreal, Washington and the New York Rangers over his career.

THE CANADIAN PRESS

Leyland walks away from Tigers dugout

Jim Leyland sheds a tear while announcing he is stepping down as Tigers manager on Monday in Detroit. PAUL SANCYA/THE ASSOCIATED PRESS

A picture of Jim Leyland's face stared out from the video board at an empty Comerica Park, next to that familiar olde English "D" and a message that said simply: "Thank You Jim."

After eight seasons managing the Tigers, including three division titles and two American League pennants, Leyland stepped down Monday. His voice cracking at times, wiping away tears at others, he announced his departure two days after Detroit was eliminated by Boston in the AL championship series.

"It's been a thrill," the 68-year-old Leyland said during a news conference at the ballpark. "I came here to change talent to team, and I think with the help of this entire organization, I think we've done that. We've won quite a bit. I'm very grateful to have been a small part of that."

Leyland made his managerial debut with the Pittsburgh Pirates in 1986, and from Barry Bonds to Miguel Cabrera, he's managed some of the sport's biggest stars and been involved in some of baseball's most memorable games over the past quarter-century.

Leyland told general manager Dave Dombrowski in early September that he didn't want to return as manager. He expects to remain with the organization in some capacity after going 700-597 as a manager.

He is 1,769-1,728 overall during stints with the Tigers, Pirates, Marlins and Rockies.

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Horoscopes

♈ Aries
March 21 - April 20
You are under no obligation to continue with a relationship or partnership that has turned into a liability. The Sun's imminent change of signs means a parting of the ways may be the only solution.

♉ Taurus
April 21 - May 21
You won't change your opinions to please another person for any reason and the sooner they get it through their head, the better. Maybe you should keep some distance between the two of you today.

♊ Gemini
May 22 - June 21
You will come up against an obstacle today and you could easily lose heart. But don't throw in the towel because there is always an answer if you look for it. No luck? Try looking in the opposite direction.

♋ Cancer
June 22 - July 23
The planets suggest someone in authority is making life tough for you. So what do you do about it? Nothing. The Sun's change of signs tomorrow will bring a change of focus that resolves both personal and professional issues.

♌ Leo
July 24 - Aug. 23
If you have any errands to run then you should get them out of the way because within a matter of days, maybe hours, you won't be able to move as freely as you can now.

♍ Virgo
Aug. 24 - Sept. 23
Don't keep interesting news to yourself today just because you can't see how spreading it around will help other people.

♎ Libra
Sept. 24 - Oct. 23
If you are convinced that a certain course of action is right then go ahead with it. But if there are doubts then hold back. There may not be money at stake today but there will be tomorrow.

♏ Scorpio
Oct. 24 - Nov. 22
Something you have been dreaming of is about to come true but there will be strings attached. A dream it may be but that does not mean you can ignore reality. Keep your feet on the ground.

♐ Sagittarius
Nov. 23 - Dec. 21
It's an important time for money matters, so don't rush into anything that you're not 100 per cent certain you can control. The last thing you need is to get yourself into debt.

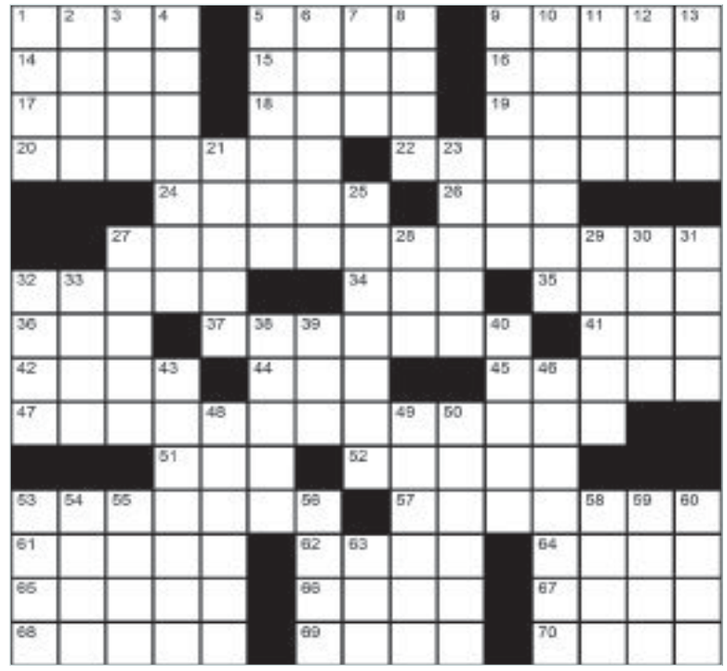
♑ Capricorn
Dec. 22 - Jan. 20
You may be convinced that you can do as you please and no one can stop you but is that really the case? The Sun's impending change of signs warns that even friends may desert you if you go too far.

♒ Aquarius
Jan. 21 - Feb. 19
The Sun is about to cross the career angle of your chart, giving your ambitions a much-needed boost. Don't take the support of powerful people for granted though.

♓ Pisces
Feb. 20 - March 20
Not everyone thinks you act from the best of motives. What can you do to improve your image? One thing, surely, is to be a bit more sociable. Go on, you can do it. SALLY BROMPTON

Crossword: Canada Across and Down

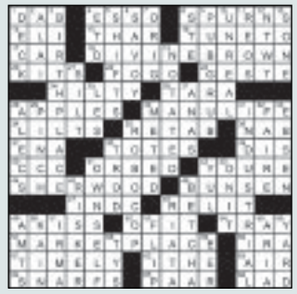
See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN



Across
1. Informal food
5. Catch ___ ('Get')
9. "This isn't _ __." (Get real)
14. Great Big Sea's "__-Mac"
15. Gather
16. Frankie Goes to Hollywood hit
17. __-drop
18. Owed-money
19. Baseball cap wearing filmmaker Michael
20. Activated again, as a membership
22. Goal-getting athletes
24. "__ _ for Murder" (1954)
26. Embrace
27. Animated Mountie of '60s TV: 2 wds.
32. Oprah's production company
34. Fashion designer, Anna __
35. Mischa of "My Man Godfrey" (1936)
36. Bear, in Barcelona
37. Stays put during the Fall-following season
41. Get a nose like Pinocchio
42. Graduation cap birds
44. Knowledgeable letters
45. __-eyed
47. Sudbury-born activist who ignited the movement for women's rights in Canada in the 1900s: 2 wds.
51. Mariner's dir.
52. Gulf of __ Lawrence
53. Quebec, __ __ Province
57. "The Queen __ Show"
61. Fragrance
62. Nero's 1041
64. Canuck political party member
65. London. New York. Paris. __.
66. 'Victor' suffix
67. Home office accessory
68. Insipid
69. Tina Turner's "Better Be Good __ __"
70. Other

Down
1. Mini military man
2. Arctic __ (Northern-hopping critter)
3. "So, are you out __ __ then?"
4. Used a Bounty paper towel: 2 wds.
5. Trying event
6. "Drop the __" by Maestro Fresh Wes
7. Keyboard key
8. Selects
9. Knight's outfit, Suit of __
10. Country duo, Florida __ Line
11. Jar of cream stuff
12. A.A. Milne book, Chloe __
13. Past partners
21. Sports __ (Armchair quarterback's spouse)
23. Religious songs group
25. Some seers
27. Whimsically funny
28. Expected
29. Russian forced labour camp
30. __ to the throne
31. Deuce-ace
32. Blind Melon singer Shannon
33. "Even __ __ speak..."
38. "_ __ Fine" by The Beatles
39. 'Pseudo' suffix
40. __ driving
43. Canadian brewer since 1834
46. Grant the right to
48. From the shore
49. Canadian actor, __ Keith Rennie
50. Mediate
53. One of Mary's flock
54. Seed coat
55. Gaucho's weapon
56. Send forth
58. Young horse
59. Sleeves
60. Build-up talk
63. Losing tic-tac-toe line

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	2		4		1		9	
	9	5				8	6	
8								7
		1	8	3	2	7		
		4	9	1	6	5		
5								9
	8	2				4	5	
	1		6		8		7	

Yesterday's Sudoku

6	4	3	9	5	1	7	8	2
8	9	7	3	2	4	6	5	1
5	2	1	6	7	8	3	9	4
4	8	9	7	3	5	2	1	6
1	3	2	8	6	9	4	7	5
7	5	6	1	4	2	8	3	8
3	1	8	2	9	6	5	4	7
2	7	4	5	1	3	9	6	8
9	6	5	4	8	7	1	2	3

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